Enlightening Facts About Juice

According to the American Academy of Pediatrics (AAP):

- Fruit juice offers no nutritional benefits for infants younger than 6 months.
- Fruit juice offers no nutritional benefits over whole fruit for infants older than 6 months and children.
- Fruit “drinks” are not nutritionally equivalent to fruit “juice” (see below).
- Fruit juice is NOT appropriate in treating dehydration or diarrhea.
- Excessive juice consumption may be associated with malnutrition.
- Excessive juice consumption may be associated with diarrhea, flatulence, abdominal distention, and tooth decay.
- Calcium-fortified juices do provide calcium, but lack other nutrients present in breast milk, formula, or cow’s milk.

Recommendations:

- If you decide to give your child juice, it is recommended that you do not introduce it until your infant is twelve months old.
- Serve juice in open cups, not bottles or “sippy” cups that allow children to consume juice easily throughout the day.
- Offer and encourage children to eat whole fruit instead of juice. They will get all the great fiber of the whole fruit and feel more full than with drinking juice.
- Serve only pasteurized juices.
- Choose 100% juice instead of fruit “drinks,” which, by definition, could contain between 10% and 99% juice and most likely contain added sweeteners and flavors.
- Younger children aged 1 to 6 years should have only 4-6 ounces of juice a day, if any at all.
- Older children should be limited to 8-12 ounces of juice a day, if any at all.

Taken from the American Academy of Pediatrics Committee on Nutrition

Rule of Thumb: You are better off giving your children fruit instead of fruit juice.

Check out how much sugar is in some popular (and marketed towards children) juice & juice drinks:

*One Teaspoon equals 4.2 grams of sugar.

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Sugar Grams per Serving</th>
<th>Teaspoons of Sugar*</th>
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</thead>
<tbody>
<tr>
<td>Sunny D® Baja Orange Drink</td>
<td>43g</td>
<td>10 1/4</td>
</tr>
<tr>
<td>Capri Sun® Red Berry Drink</td>
<td>25g</td>
<td>6</td>
</tr>
<tr>
<td>Apple &amp; Eve® Bert &amp; Ernie Berry 100% Juice</td>
<td>13g</td>
<td>3</td>
</tr>
<tr>
<td>Earth’s Best® Strawberry Pear 100% Juice</td>
<td>11g</td>
<td>2 2/3</td>
</tr>
<tr>
<td>Water</td>
<td>0g</td>
<td>0</td>
</tr>
</tbody>
</table>

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